

APRIL/MAY 2024

**FNBC33/CNBC34 — FOOD AND
NUTRITION**

Time : Three hours

Maximum : 75 marks



SECTION A — (10 × 2 = 20 marks)

Answer ALL the questions.

1. Show the composition of balanced diet.
2. Define RDA.
3. Find the importance of PUFA.
4. Outline the effects of saturated fatty acids in our body.
5. Recall the functions of conjugated protein in diet.
6. Contrast simple and conjugated protein.
7. List out the functions of folic acid.
8. Contrast fat soluble and water soluble vitamins.
9. Show the outcome of calcium deficiency.
10. Illustrate the effects of iodine insufficiency.

SECTION B — (5 × 5 = 25 marks)

Answer ALL the questions.

11. (a) Identify the fact how glucose act as a chief source of energy.

Or

- (b) Compare macro and micro nutrients.

12. (a) Identify the various compound lipids with suitable examples.

Or

- (b) Distinguish derived lipids and simple lipids.

13. (a) Develop a chart for major functions of dietary proteins.

Or

- (b) Distinguish Marasmus and Kwashiorkor.

14. (a) Organize the functions of folic acid.

Or

- (b) Examine the role of vitamin E in our body.

15. (a) Identify the role of sodium in maintaining fluid and blood volume.

Or

- (b) Explain the functions of potassium in biological systems

SECTION C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Explain classification of carbohydrates.

17. Elaborate on the importance of MUFA and PUFA.

18. Recommend the rich sources of protein in diet. Add a note on protein deficiency disorder.

19. Discuss how ascorbic acid acts as a free radical scavenger. Add a note on its sources.

20. Elaborate on calcium as an essential macro nutrient.